



Northampton Aquatic & Family Center @ JFK Middle School, Bridge Rd. Florence

American Red Cross Lifeguarding Spring '07



In this course you will learn about the duties & responsibilities of a lifeguard and how to carry them out in a professional manner. You will also learn how to use surveillance techniques, rescue equipment, and how to manage a suspected spinal injury victim. Upon successful completion of this course (including written and rescue skills testing), you will receive an American Red Cross Lifeguard Training certificate. You will also receive CPR for the Professional Rescuer & First Aid. Attendance at all classes in the session is mandatory.

Requirements to participate (you may call to schedule a time for a pretest, if these skills seem questionable):

- ♦ Minimum Age 15
- ♦ Ability to pass swim test (20 lengths of the pool swimming front crawl stroke and breaststroke)
- ♦ Ability to retrieve a 10 lb. diving brick from the bottom of the pool in the deep end and swim with it to the shallow end

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| April Session: | April 7, 14, 15, 29 |
| May Session: | May 5, 6, 12, 13 |
| June Session: | June 9, 10, 16, 17 |
| Day(s): | Saturdays & Sundays |
| Time: | 8:00 am - 4:00 pm |
| Location: | Aquatic & Family Center |
| Fee: | \$200 / \$210 / \$220 <i>(includes all books and materials)</i> |

Fees listed in the order of AFC member/non-member/non-member, non-resident

Recertification Class for current lifeguards:

Fridays: March 16, 23, and 30.

This class will cover all new changes to Lifeguarding and CPR, and will include AED training. Fee: \$125 / \$135 / \$145

Registrations accepted at the AFC @ JFK Middle School Bridge Rd., Florence
Mon-Fri 4-8 p.m. & Sat. and Sun. 10 a.m. - 5 p.m. - 587-1046 or
at the Recreation Dept., 90 Locust St., Northampton
Mon-Fri 8:30 a.m.-4:30 p.m. 587-1040.
www.northamptonma.gov/recreation